**Great Sample Schedule:**

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| **Daily Schedule** |
| **Before 9:00 am** | **Wake Up/Breakfast** | **Eat breakfast, get dressed. Help with chores around the house.** |
| **9:00 - 10:00** | **Academic Time** | **Complete activities in the packet.** |
| **10:00 - 11:00** | **Morning Walk/Movement Time** | **Get outside, take a nature walk.**  |
| **11:00 - 12:00** | **Creative Time** | **Legos, magnatiles, drawing, crafting, painting, playing music, cook/bake, etc…**  |
| **12:00 - 12:30** | **Lunch** | **Take it outside weather permitting to eat and enjoy the fresh air.** |
| **12:30 - 1:00** | **Academic Time** | **Read books.** |
| **1:00 - 3:00** | **Quiet Time** | **Puzzles, nap, listen to music** |
| **3:00 - 4:00** | **Snack, Craft, Chores** | **Afternoon snack, then enjoy completing a craft together. Help clean up afterwards and do a chore.** |
| **4:00 - 5:00** | **Afternoon Fresh Air** | **Bikes, walk the dog, play outside, etc...** |
| **5:00 - 6:00** | **Dinner** |  |
| **6:00 - 8:00** | **Free TV Time/ Bedtime Routine** | **Showers/baths, read books before bed** |
| **8:00 - 9:00** | **Bedtime** |  |